

FREE



# Active Campus Timetable

Simply turn up with your student ID to get involved. Our free sessions take place between 15th January and 18th March 2018.

Monday	12:15-14:15	12:30-13:00	13:00-13:30									16:30-18:00	16:30-18:00	17:30-18:15	17:40-19:40	18:00-20:00	18:00-20:00		
	Table Tennis	Express Yoga (Mat Work)	Express Yoga (Stand and Stretch)									Badminton	Netball	Box Fit	Squash	Men's Football	Futsal		
	Sugden	SU	SU									Sugden	Sugden	Platt Lane	Sugden	Sugden	Sugden		
Tuesday	11:30-13:30	12:00-13:00					17:00-18:00	17:00-18:00	17:00-18:20	17:00-18:00	17:15-18:15	18:00-18:40	18:00-19:00	18:00-20:00	18:00-20:00	18:00-18:30	18:30-19:00	20:00-21:00	20:30-22:00
	Badminton	Swimming					Men's Bootcamp	Volleyball	Squash	Men's Football	Table Tennis	Jogging Club Sainsburys Car Park	Football ♀	Softball	Dodgeball	F.I.T Legs and bums ♀	F.I.T Ab Attack ♀	Twilight Yoga	Indoor Cricket
	Sugden	MAC					Sugden	Sugden	Sugden	Trinity	Sugden	Fallowfield	Sugden	Platt Lane	Sugden	Brooks	Brooks	SU	Brooks
Wednesday	13:30-14:30														17:00-18:00	18:00-20:00	20:00-22:00		
	Swimming ♀														Boxercise	Shodokhan (Aikido)	Badminton		
	MAC														SU	Brooks	Sugden		
Thursday	12:00-13:00	16:30-17:30	16:30-17:30	16:45-17:30	17:00-18:00	17:15-17:45	17:30-18:30	17:45-18:15	18:00-19:00	18:00-19:00	18:00-20:00	18:15-20:15	18:30-20:30	18:30-19:30	19:00-20:00	19:30-20:30	20:00-21:00		
	Swimming	Handball	Ultimate Frisbee	Jogging Club	Zumba	F.I.T Legs and Bums ♀	Futsal ♀	F.I.T Ab Attack ♀	Body Conditioning	Men's Football	Volleyball	Table Tennis	Basketball	Back to Netball	O2 Touch Rugby	Basketball ♀	Twilight Yoga		
	MAC	Sugden	Sugden	All Saints Park	Brooks	Sugden	Sugden	Sugden	Brooks	Platt Lane	Sugden	Sugden	Sugden	Sugden	Platt Lane	Sugden	SU		
Friday	07:45-08:15	12:00-13:20	12:30-13:00	13:00-13:30									16:30-18:30	17:00-19:00	18:30-19:30	19:00-20:00	19:30-20:30		
	Spin (Mixed Ability)	Squash	Express Yoga (Mat Work)	Express Yoga (Stand and Stretch)									Volleyball	Badminton	Futsal	Dodgeball	Basketball		
	Platt Lane	Sugden	SU	SU									Sugden	Sugden	Sugden	Sugden	Sugden		
Saturday																			
Sunday	11:30-13:30	12:00-13:20	13:15-15:15	13:30-15:30	15:30-17:30														
	Futsal	Squash	Table Tennis	Badminton	Basketball														
	Sugden	Sugden	Sugden	Sugden	Sugden														

● Sweat and tone  
 ● Turn up and play  
 ● Relax and unwind  
 ♀ Women's only

Brooks = Brooks Sports Hall   MAC = Manchester Aquatics Centre   SU = Students' Union